



HEALTH SCORE

93%

California Barley Bowl with Lemony Yogurt Sauce



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



799 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 small avocado diced pitted ripe peeled sliced
- ☐ 1.5 cups barley cooked
- ☐ 1 cup mung bean sprouts (I like mung bean sprouts)
- ☐ 2 servings pepper black freshly ground
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup cotija cheese crumbled

- ☐ 2 servings salt
- ☐ 2 servings yogurt

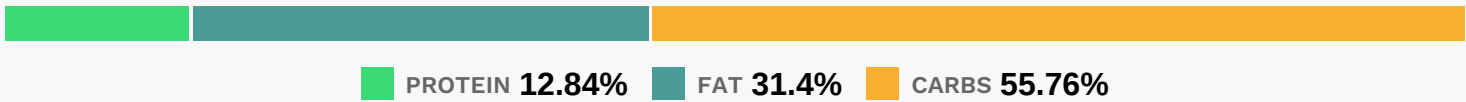
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, stir the barley, sprouts, cheese, almonds, and kosher salt together. Scoop into 2 individual bowls and top with the avocado and a few generous spoonfuls of yogurt sauce.
- ☐ Sprinkle with flaky salt and pepper and serve.
- ☐ Cooking the barley the night before is a great time-saver. Then these bowls really only take a few minutes to put together.
- ☐ Reprinted with permission from Whole-Grain Mornings: New Breakfast Recipes to Span the Seasons by Megan Gordon. Copyright © 2013 by Megan Gordon; photographs copyright © 2013 by Clare Barboza. Published by Ten Speed Press, an imprint of the Crown Publishing Group, a division of Random House, Inc.Megan Gordon is a food writer and recipe developer; she writes regularly for The Kitchn and on her own blog, A Sweet Spoonful. Her work has appeared in numerous national magazines, including Better Homes and Gardens and the Edible publications. Megan owns and runs a Seattle-based granola company, Marge, which is distributed nationally and has been recognized by the Wall Street Journal and Sunset magazine.

Nutrition Facts



Properties

Glycemic Index:82, Glycemic Load:29.03, Inflammation Score:-9, Nutrition Score:42.732174082943%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg, Catechin: 3.45mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg

0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg, Isorhamnetin: 0.3mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 798.62kcal (39.93%), Fat: 29.19g (44.91%), Saturated Fat: 6.61g (41.34%), Carbohydrates: 116.63g (38.88%), Net Carbohydrates: 83.62g (30.41%), Sugar: 4.46g (4.96%), Cholesterol: 22.38mg (7.46%), Sodium: 796.78mg (34.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.85g (53.69%), Manganese: 3.21mg (160.28%), Fiber: 33.01g (132.03%), Selenium: 56.99µg (81.41%), Vitamin B1: 1.07mg (71%), Magnesium: 259.71mg (64.93%), Phosphorus: 585.33mg (58.53%), Vitamin B2: 0.93mg (54.83%), Copper: 1.09mg (54.59%), Vitamin B3: 9.16mg (45.79%), Vitamin B6: 0.87mg (43.26%), Vitamin K: 41.92µg (39.92%), Vitamin E: 5.91mg (39.4%), Zinc: 5.77mg (38.44%), Folate: 152.49µg (38.12%), Potassium: 1291.44mg (36.9%), Iron: 6.6mg (36.65%), Vitamin B5: 2.28mg (22.84%), Calcium: 220.5mg (22.05%), Vitamin C: 16.92mg (20.51%), Vitamin B12: 0.43µg (7.1%), Vitamin A: 295.16IU (5.9%)